

Your Personalized Weight Loss Journey Report

1. Personal Profile

- **Name:** Mamba Mental
- **Start Date:** 09/09/2024
- **End Date:** 12/30/2024
- **Age:** 46 years
- **Gender:** Male
- **Height:** 5'9" (175.3 cm)
- **Initial Weight:** 245.6 lbs
- **Goal Weight:** 217.0 lbs
- **Initial Body Fat:** 30.5%
- **Goal Body Fat:** 7.0%
- **Activity Level:** Little to no exercise
- **Experience Level:** 4

2. Metabolic Calculations

- **Initial RMR:** 3326.375 calories/day
- **Initial TDEE:** 4215.15 calories/day
- **TEF:** 73.5 calories/day
- **NEAT:** 150 calories/day
- **Initial Daily Calorie Intake:** 1929.2975 calories/day

3. Workout Analysis

- **Workout Type:** 1
- **Workout Frequency:** 3 days/week
- **Volume Score:** 0.42857142857142855

- **Intensity Score:** 0.8
- **Frequency Score:** 1.0
- **Resistance Training:** Yes
- **Athlete Status:** Yes

4. Weekly Progress

Date	Weight	Body Fat %	Daily Calories	TDEE	Muscle Gain
090924	245.6	30.5%	1929	4215	0.00
091624	241.7	29.4%	2146	4215	0.28
092324	237.9	28.2%	2025	4101	0.28
093024	234.0	27.0%	1903	3987	0.28
100724	230.1	25.7%	1781	3873	0.28
101424	226.2	24.4%	1657	3759	0.28
102124	222.2	23.0%	1533	3645	0.28
102824	218.3	21.6%	1408	3531	0.28
110424	214.3	20.1%	1281	3417	0.28
111124	210.2	18.5%	1151	3302	0.28
111824	206.2	16.9%	1080	3241	0.28
112524	202.2	15.2%	1061	3183	0.28
120224	198.4	13.5%	1042	3126	0.28
120924	194.5	11.9%	1023	3070	0.28
121624	190.8	10.2%	1005	3015	0.28
122324	187.2	8.5%	1000	2962	0.28
123024	184.3	7.2%	1359	2910	0.28

5. Body Composition Changes

Date	Body Fat Category	Body Fat %	Description	Est. Time to Six-Pack
09/09/2024	Obese	30.5%	Significant excess fat all around	12+ months
09/16/2024	Obese	29.4%	Significant excess fat all around	12+ months
09/23/2024	High Body Fat	28.2%	Excess fat all around, round physique	6-12 months
09/30/2024	High Body Fat	27.0%	Excess fat all around, round physique	6-12 months
10/07/2024	High Body Fat	25.7%	Excess fat all around, round physique	6-12 months
10/14/2024	High Body Fat	24.4%	Excess fat all around, round physique	6-12 months
10/21/2024	Above Average	23.0%	No visible abs, excess fat	4-6 months
10/28/2024	Above Average	21.6%	No visible abs, excess fat	4-6 months
11/04/2024	Above Average	20.1%	No visible abs, excess fat	4-6 months
11/11/2024	Average	18.5%	Little muscle definition, soft look	3-4 months
11/18/2024	Average	16.9%	Little muscle definition, soft look	3-4 months
11/25/2024	Average	15.2%	Little muscle definition, soft look	3-4 months

Date	Body Fat Category	Body Fat %	Description	Est. Time to Six-Pack
12/02/2024	Lean	13.5%	Some muscle definition, less visible abs	2-3 months
12/09/2024	Lean	11.9%	Some muscle definition, less visible abs	2-3 months
12/16/2024	Lean	10.2%	Some muscle definition, less visible abs	2-3 months
12/23/2024	Very Lean	8.5%	Visible abs, vascularity, striations	3-4 weeks
12/30/2024	Very Lean	7.2%	Visible abs, vascularity, striations	3-4 weeks

6. Final Results

- **Duration:** 16 weeks
- **Total Weight Loss:** 61.3 lbs
- **Total Body Fat Reduction:** 23.3%
- **Final Weight:** 184.3 lbs
- **Final Body Fat:** 7.2%
- **Average Weekly Weight Loss:** 3.83 lbs
- **Total Muscle Gain:** 4.5 lbs
- **Final Daily Calorie Intake:** 1359 calories
- **Final TDEE:** 2910 calories

7. Insights and Recommendations

- Your metabolic rate adapted by 31.0% over the course of your journey.
- You maintained 100.3% of your initial lean mass.
- Your muscle gain rate averaged 0.281 lbs per week.
- Based on your final body fat percentage, you're now in the Very Lean category.
- Visible abs, vascularity, striations

- To maintain your results, consider a daily calorie intake of 2910 calories.

Remember, this journey is a marathon, not a sprint. Celebrate your progress and stay committed to your health and fitness goals!

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